

SUPREMEplex™ Customer Guide: Understanding Histamine Sensitivity

A simple, supportive overview for sensitive systems

What Is Histamine?

Histamine is a natural chemical your body uses for **immune signaling, digestion, and nervous-system communication**. It's not “bad” — it's part of your biology.

But when your system becomes overwhelmed, histamine can become **overactive**, leading to sensitivity.

Why Some People Experience Histamine Sensitivity

Many people with sensitive systems notice histamine reactions during wellness routines, detox, stress, or immune activation. This can happen when the body is:

- Under stress
- Detoxing
- Fighting inflammation
- Overloaded
- Reacting to environmental triggers
- Recovering from tick-borne infections

Your body isn't broken — it's overwhelmed.

Common Signs of Histamine Sensitivity

People often report:

- Flushing or warmth
- Itchy skin
- Head pressure
- Dizziness
- Digestive discomfort
- Feeling “revved up”
- Anxiety or agitation
- Sensitivity to supplements

These reactions are **not dangerous** — they're simply signs that your system is reacting strongly.

Why Sensitive People Benefit From Micro-Dosing

Micro-dosing means starting **very small** and letting your body adjust gradually. This gentle approach helps reduce:

- Overactivation
- Detox overwhelm
- Histamine flares
- Nervous-system sensitivity

SUPREMEplex™ LP2 is naturally designed for **micro-dosing**, making it easier for sensitive individuals to start slowly and comfortably.

Natural Ways People Support Histamine Balance

Many individuals use natural compounds to help support histamine balance. These are **general educational examples**, not medical instructions:

- **Quercetin**
- **Vitamin C**
- **Stinging Nettle**
- **Bromelain**
- **DAO enzyme supplements**
- **Probiotics**
- **Luteolin**

These ingredients are commonly found in “histamine support” formulas.

Why SUPREMEplex™ Works Well for Sensitive Systems

LP2 is designed for people who need **gentle, simple, and non-overwhelming** support.

- Naturally micro-dosed
- Fermentation-derived postbiotic metabolites
- Terrain-first approach
- No harsh detox
- No complex protocols
- Designed for sensitive systems

SUPREMEplex™ supports the body’s terrain without pushing it too hard.

A Note for Customers With Tick-Borne Histamine Sensitivity

Some individuals with tick-borne infections (Ehrlichiosis, Anaplasmosis, Babesia, Lyme, Rickettsial infections) may experience stronger histamine reactions. This is **normal**, and micro-dosing is often the most comfortable way to begin.

When to Talk to a Healthcare Professional

If you experience severe allergic reactions, difficulty breathing, or swelling, seek medical care immediately. For everyday histamine sensitivity, a practitioner can help you personalize your wellness routine.

You're Not Alone — Sensitive Systems Are Our Specialty

SUPREMEplex™ was created for people who need **gentle, simple, terrain-first** support. Your body isn't broken — it's overwhelmed. We're here to help you support it with clarity, calm, and confidence.